

Singer's Vocal Warm-Up

Ascension Vocals • 10–15 minutes • Gentle, focused, adaptable



Warm up with ease—not force. Stay in a comfortable range and stop if you feel pain, persistent hoarseness, or strain.



1

Reset & Breathe • 2 minutes

Stand tall with relaxed knees, shoulders and jaw. Inhale silently and low into the ribs. Exhale on a gentle 'sss' for 8–12 counts. Repeat 4–6 times. Keep the neck and throat relaxed.

2

Release Tension • 1 minute

Roll shoulders slowly. Massage jaw hinges and cheeks. Gently stretch the neck side to side—no pulling. Let the tongue rest forward behind the lower teeth.

3

Hum • 2 minutes

Use a soft 'mm' or 'ng' sound. Feel a light vibration around the lips, nose and face. Glide slowly from a comfortable low note to a comfortable higher note, then back down. Keep volume light and easy.

4

Lip Trills or Tongue Rolls • 2 minutes

Make a relaxed 'brrr' lip trill or rolled 'r'. Slide gently through your range like a siren. Then use a simple 5-note pattern: 1–2–3–4–5–4–3–2–1. Do not push for height or volume.



Build Ease, Then Range

A gentle finish for singers

5. Sirens — 2 minutes

Choose one: 'woo,' 'oo,' 'ng,' or lip trill. Glide from low to high and back down smoothly. Imagine connecting the voice rather than 'jumping' between registers. Repeat 5–8 times, staying within a comfortable range.

6. Easy Scales — 3–5 minutes

Use a light, clear tone on these sounds: 'mum-mum-mum' for balanced, speech-like connection; 'nee-nee-nee' for brightness and precision; 'noo-noo-noo' for smooth airflow; 'yah-yah-yah' for open, free resonance. Start gently in the middle of your range and move by small steps. Stop before fatigue begins.

7. Song-Specific Prep — 1–2 minutes

Speak challenging lyrics rhythmically. Sing difficult phrases softly first. Build gradually toward performance volume. Save full-out belting or demanding high notes until the voice feels ready.



Quick 5-Minute Version

1. Breathing + body release — 1 min;
2. Humming — 1 min;
3. Lip trills / tongue rolls — 1 min;
4. Sirens — 1 min;
5. Gentle scales or a soft song phrase — 1 min



Vocal Care Reminders

Hydrate consistently through the day. Avoid singing hard when your voice is hoarse, tired or painful. Take vocal rest after heavy voice use. Avoid repeated throat clearing—sip water or swallow instead. If hoarseness or discomfort persists, consult a GP, ENT specialist or speech and language therapist.

General information, not a diagnosis.